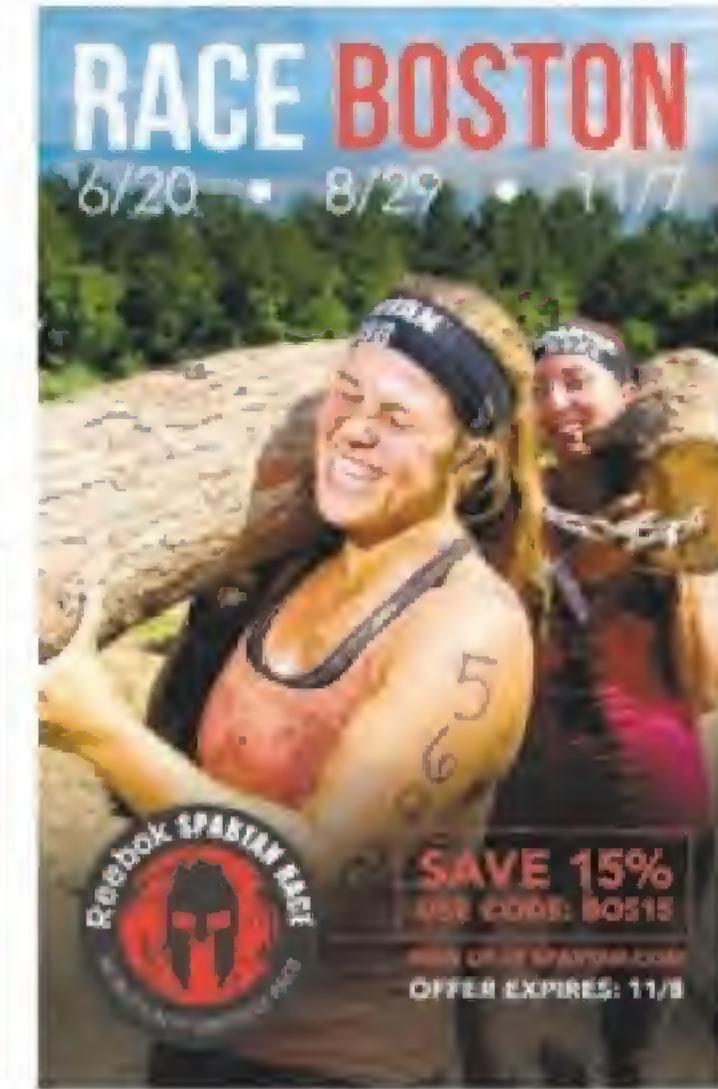


NOT 'SO YESTERDAY' ANYMORE, HATERS

HILARY DUFF TALKS TINDER, MUSIC AND MORE. PAGE 08



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15 www.

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Deflategate. Tom Brady will finally get to give Roger Goodell a piece of his mind today in New York City as Brady's appeal of a four-game suspension will be heard. PAGE 12



Tom Brady was suspended four games by the NFL in May. / GETTY IMAGES

**New
\$27 million
heroin fight
by governor**

PAGE 02

What Aziz Ansari taught us about love

PAGE 09

Why the best seafood is local and sustainable

PAGE 10



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1 NEWS

Top 3

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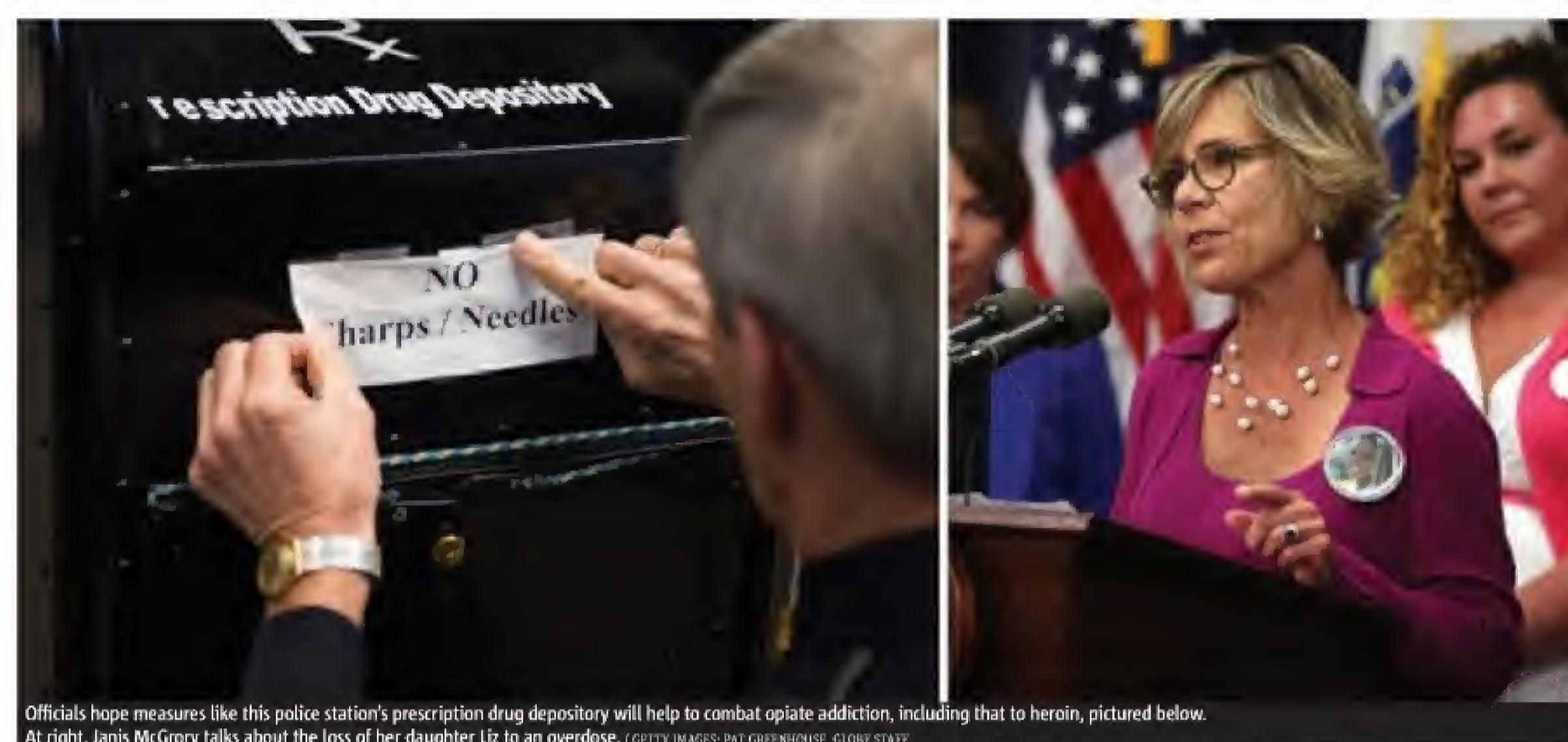
3 Where are the jobs in New York City?



LGBT

Read more about Pride online

Visit Metro.us/pride for a comprehensive guide to Pride Month. You'll find listings, exclusive Q&As with your favorite LGBTQ celebrities and trending Pride events in your city.



Officials hope measures like this police station's prescription drug depository will help to combat opiate addiction, including that to heroin, pictured below. At right, Janis McGroarty talks about the loss of her daughter Liz to an overdose. / GETTY IMAGES; PAT GREENHOUSE, GLOBE STAFF



Governor rolls out \$27 million fight on drugs

Drug war. Better education programs in schools and addiction specialists are part of a new plan to stop drug abuse.

Whether you're standing on the corner in a grimy side of the city or in line at a pharmacy in an affluent suburb, opiates are more readily available today than ever before.

With more than 1,000 lives lost in Massachusetts in 2014, powerful prescription pain medication and hypodermic needles are making lost generations out of entire communities throughout the commonwealth.

On Monday, Gov. Charlie Baker and members of an opioid working group released the blueprint of a \$27 million, 65-step program dedicated to stopping smack in its tracks. The plan is the outcome of a task force created in February to address the crisis.

"Opioid abuse is a public health epidemic and I applaud our working group for producing these recommendations

Heroin fight

A recovering addict weighs in

"PR" is a 43-year-old nurse who has been off of heroin for 14 years. He said that treating the behaviors is the most important part of recovery. He said the increase of recovery coaches will help people struggling with addiction.

"People will stop using and their lives become manageable until they start gambling or going to strip joints or find other vices," he said. The saying goes: 'The addiction went from my arm down right between my legs.'

He said his experience with taking replacement

based on a comprehensive analysis," Baker said.

"The solution to eradicating opioids is not a one-size-fits-all approach and will require all of us to rethink the way we treat addiction," Bakwe said. "Today's announcements are a first step and we will aggressively pursue reforms to save lives."

Baker said that the working group, which started in 2004,



drugs was not unique.

"Taking methadone or Suboxone or going for a 'spin dry' in a hospital didn't work because I had to change my behaviors," he said. "All you have to do is change everything. Your playground, your playmates and your playtime."

found that four out of five heroin users started with prescription pills like Oxycontin.

"The opiate crisis is impacting families from every community across the commonwealth," Attorney General Maura Healey said at Monday's plan unveiling at the Massachusetts State House.

"Today's report is a roadmap to comprehensively addressing

this public health crisis and offering help to families who truly need it. Now the real work begins to implement these recommendations."

The panel of experts called for a \$27 million initiative for fiscal year 2016 for a three-year plan that will be funded by MassHealth as well as state and federal grants. Initiatives call for better education programs in schools and appointing addiction specialists to state medical boards.

The plan also calls for 100 new beds at state-funded treatment centers by July 2016, a partnership with chain pharmacies to pilot drug take-back programs, bulking up the availability of Narcan, improving the monitoring systems for physicians by requiring reports of prescriptions within 24 hours, and improving recovery programs, among many other steps. The full list of initiatives can be found at the governor's press office website.

"While opioid addiction is an urgent problem, it is also a chronic medical disease, not unlike diabetes or heart disease," Marylou Sudders, secretary of the Executive Office of Health and Human Services and chair of the Working Group, said.

By the numbers

456

In 2004, 456 people died from overdoses. Since then, more than 6,600 have died in addition to overwhelming hospital visits.

3

The number of people killed from overdoses was triple the amount of vehicle-related deaths in 2013.

1

Since January 2015, there has been an average of one overdose death per day in Massachusetts.

"The solution requires a strong public health approach focusing on prevention, intervention, treatment and recovery. We must also target education and awareness about the potential misuse of opioids to students and their families."

NATE HOMAN
@MetroBOS
nate.homan@metro.us



Boston runs into Dunkin'

A tractor trailer crashed into the front of a Dunkin' Donuts on Beacham Street in Chelsea on Monday afternoon. Two individuals reported sustaining non-life-threatening injuries. CREDIT: SIS PHOTO/CRISPIN

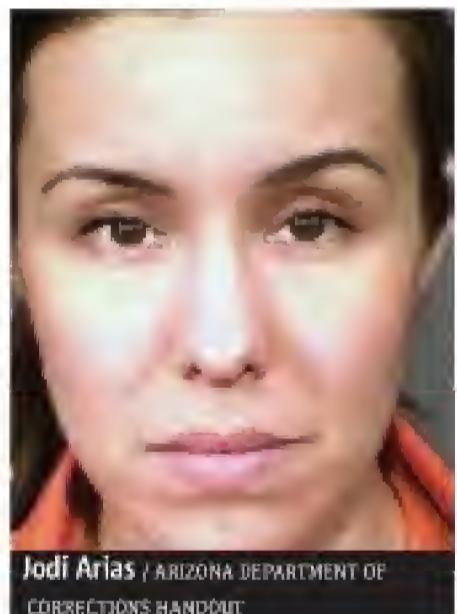
Convicted killer, Jodi Arias ordered to pay \$30,000 to victim's family

An Arizona judge on Monday ordered convicted murderer Jodi Arias to pay about \$30,000 to the family of the ex-boyfriend she shot and stabbed to death in 2008, court officials said.

Judge Sherry Stephens granted the amount to help cover expenses incurred by five of victim Travis Alexander's siblings, making the ruling during a restitution hearing in Maricopa County Superior Court in Phoenix.

Arias, 34, waived her right to appear at the hearing. She was sentenced in April to life in prison without the possibility of parole for the murder of Alexander, who was found slumped in a shower at his Phoenix-area home.

The former waitress from California, who was convicted



Jodi Arias / ARIZONA DEPARTMENT OF CORRECTIONS HANDOUT

court for the hearing. An attorney for the Alexander family did not immediately respond to a request for comment.

Arias is being held at a state prison west of Phoenix following her sentencing, which concluded a trial that gripped the public with its gruesome and sex-laced testimony.

She was found guilty of stabbing her 30-year-old former lover nearly 30 times, slitting his throat almost from ear to ear and shooting him in the face.

Arias said she acted in self-defense and had been fighting for her life. Prosecutors said she killed him in a jealous rage.

She has appealed her conviction, court records show. REUTERS

In May 2013, was sentenced by Stephens after two separate juries deadlocked on whether she should be put to death for the crime.

Members of the victim's family were also absent from

Pants down

Man arrested for peeing on platform

A man was arrested for indecent exposure after he was caught peeing on the platform at the JFK-Umass station late

Friday afternoon.

Police said Liban Abdukadir, 33, fully exposed his genitals while urinating at the station. The Malden man allegedly made no attempt to cover or shield his urination, the police said.

Instead, he urinated in com-

plete view of multiple patrons including several teenagers, the police said.

He was transported to Transit Police Headquarters for booking and was expected to be arraigned in Dorchester District Court.

YALDA MOSTAJERAN

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Court. Florida man who flew gyrocopter to U.S. Capitol rejects plea deal

A Florida man who flew a gyrocopter onto the U.S. Capitol grounds rejected a plea deal on Monday that would likely involve jail time, prosecutors said.

Douglas Hughes, a 61-year-old mail carrier from Ruskin, Florida, appeared in federal court where he turned down a plea deal, according to a spokesman for Assistant U.S. Attorney Tejpal Chawla.

Hughes told reporters outside the courthouse that he would not accept a plea deal that would involve several years of prison time, and called his illegal flight a "pure act of civil disobedience," according to the Washington Post.

His April 15 stunt was aimed at drawing attention to the need for campaign finance reform.

Hughes was arrested after piloting the craft from Pennsylvania and landing on the west lawn of the Capitol as

police and tourists looked on. He was carrying a letter for each of the 535 members of Congress.

Hughes faces six charges, including violating the registration requirements for an aircraft and national defense airspace. He pleaded not guilty in May to charges of lacking a pilot's certificate or registration for the craft.

If convicted of all charges, he could be sentenced to up to nine and a half years in prison. **REUTERS**



Douglas Hughes / GETTY IMAGES

Governor calls for removal of the Confederate flag

Symbol. The flag at the State House grounds in Columbia became a fresh focus of criticism after the massacre.

South Carolina Gov. Nikki Haley on Monday called on lawmakers to take down the Confederate battle flag in the state Capitol, a week after a white gunman allegedly shot dead nine black worshipers at a historic church.

The flag was a symbol of the pro-slavery South during the U.S. Civil War. "This is a moment in which we can say that the flag, while an integral part of our past, does not represent the future of our great state."

The shooting at Emanuel African Methodist Episcopal Church came in a year of intense debate over U.S. race relations following the killings of



South Carolina Gov. Nikki Haley and other lawmakers and activists deliver a statement to the media asking that the Confederate flag be removed from the state Capitol. / GETTY IMAGES

Quoted

"It's time to move the flag from the Capitol grounds." Haley

flag at the State House grounds consider it an emblem of slavery that has become a rallying symbol for racism and xenophobia in the United States. Supporters, who fly the flag at their homes, wear it on clothing and put it on bumper stickers, say it is a symbol of the South's history and culture, as well a memorial to the roughly 480,000 Confederate Civil War casualties. That figure includes the dead, wounded and prisoners.

A group of both black and white leaders called for a rally Tuesday at the State House in Columbia to bring their demand directly to lawmakers.

"The only flag we should be worried about is the U.S. flag," said Carl Smith, a 29-year-old black man, standing outside the church that was the site of the shooting. "Why would you support a flag that represents division instead of a flag that unites people?" **REUTERS**

unarmed black men by police officers, which has sparked a reinvigorated civil rights movement under the "Black Lives Matter" banner.

Opponents of flying the

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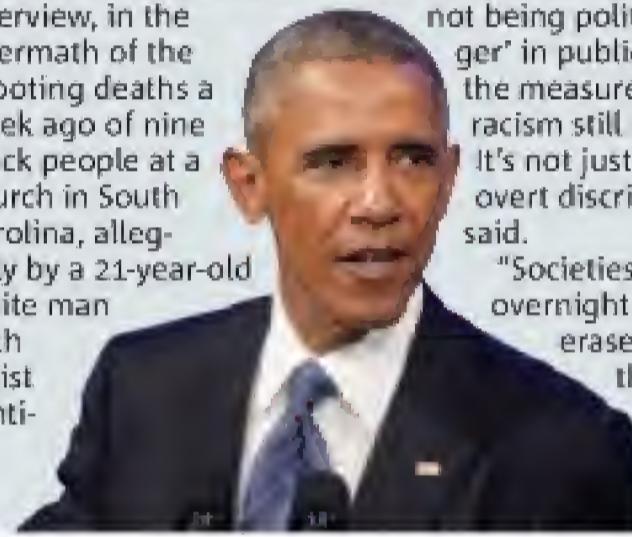
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Five things you need to know

President Obama says the N-word on podcast

President Barack Obama, during a podcast posted online on Monday, used the N-word to emphasize his point that the United States has made progress in eliminating racism, but there was still more work to do.

Obama discussed race and gun control as part of the hour-long podcast interview, in the aftermath of the shooting deaths a week ago of nine black people at a church in South Carolina, allegedly by a 21-year-old white man with racist sentiments.



ments.

"I always tell young people in particular: 'Do not say that nothing's changed when it comes to race in America unless you lived through being a black man in the 1950s or '60s or '70s,'" Obama told Mark Maron, host of the "WTF" podcast.

He said the legacies of slavery and discrimination were still "part of our DNA that's passed on."

"We're not cured of it ... and it's not just a matter of it not being polite to say 'nigger' in public. That's not the measure of whether racism still exists or not. It's not just a matter of overt discrimination," he said.

"Societies don't just overnight completely erase everything that happened two to 300 years prior."

REUTERS

Top court rules for Marvel in toy dispute

The Supreme Court ruled against the inventor of a Spider-Man toy by quoting a famous line associated with the comic book superhero about how with great power comes great responsibility.

Justice Elena Kagan cited the line in explaining why the court, in a 6-3 ruling, had declined to overrule a legal precedent more than half a century old concerning patent royalties.

The court decided in favor of Marvel Entertainment LLC in its legal fight with Stephen Kimble and an associate,

Robert Grabb, over royalties on a web-shooting toy called the Spider-Man Web Blaster.

REUTERS



Ancient jawbone sheds light on Neanderthal interbreeding

You may not know it, but you probably have some Neanderthal in you. For people around the world, except sub-Saharan Africans, about 1 to 3 percent of their DNA comes from Neanderthals, our close cousins who disappeared 39,000 years ago.

Scientists said a jawbone, unearthed in Romania, of a man who lived about 40,000 years ago, boasts the most Neanderthal ancestry ever seen in our species.

The finding also indicates that interbreeding with Neanderthals occurred much more recently than previously known.



REUTERS

North Carolina man charged in plot to kill for Islamic State

A North Carolina man has been charged with an alleged plot to buy a semiautomatic rifle, which he planned to use to kill Americans to show his support for the Islamic State militant group, the U.S. Department of Justice said.

Justin Nojan Sullivan, 19, of Morganton, North Carolina, who was arrested Friday, is due to appear in federal court in Charlotte, said the U.S. Attorney's Office for the Western District of North Carolina.

Sullivan is charged with one count of attempting to provide material support to Islamic State and two counts of weapons charges.

REUTERS

Amazon to pay self-published authors based on pages read

It could soon pay more to write lengthier books if you are an author self-publishing on Amazon's Kindle e-book platform.

Starting next month, the e-commerce giant will pay independent authors based on the number of pages read rather than the number of times their book has been borrowed.

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REUTERS



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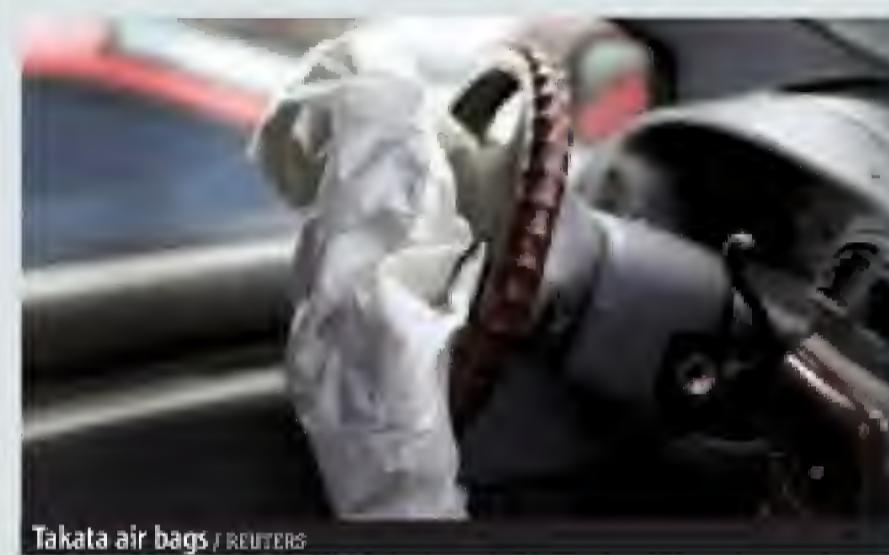
Member FDIC / Member DIF

Senate committee

Takata may have put profits before safety

Air bag maker Takata Corp. may have put profits before safety, a U.S. Senate committee said in a report released on Monday.

The report by the Committee on Commerce, Science and Transportation was released the day before a Washington hearing on Takata's defective inflators, which are linked to more than 100 injuries and at least eight deaths globally because of



Takata air bags / REUTERS

air bags that deploy with too much force and spray metal shards at passengers.

"Internal emails obtained by the committee suggest that Takata may have prioritized profit over safety by halting global safety audits for financial reasons," the committee said in its report.

The committee said company emails indicate global safety audits were halted from 2009 to 2011 "due to financial reasons."

A spokesman for Takata could not immediately be reached for comment.

REUTERS

New York manhunt focuses on cabin 20 miles from prison

Area. Police cautioned camp owners in the area to be on the lookout for anything suspicious.

The 2-week-old search for two escaped murderers focused on a rural area about 20 miles away from the upstate New York prison they fled, authorities said on Monday, after evidence reportedly showed the pair had been inside a burglarized cabin.

CNN, citing an unidentified law enforcement source, said the escapees' DNA was found on items in a cabin in Owls Head, New York.

New York State Police said items from the cabin were being tested for DNA, but at a midday news conference, Maj. Charles Guess would not confirm the DNA of the two convicts had been found.



Maj. Charles Guess provides a media briefing on the manhunt for David Sweat and Richard Matt. / N.Y. STATE POLICE



He said he did not want to jeopardize the investigation.

"It's a confirmed lead for us," Guess said.

Convicted murderers Richard Matt, 48, and David Sweat, 35, were discovered missing from the maximum-security Clinton Correctional Facility in Dannemora, New York, ear-

ly on June 6.

The two inmates cut through cell walls, crawled through a steam pipe and climbed out a manhole to escape, officials said.

A witness reported seeing someone running into a wooded area over the weekend near the cabin that had been broken into, CNN reported.

Guess, at the news conference in Cadyville, New York, said police had followed up on 2,000 leads in the case.

He said there was no evidence the escapees were getting help from anyone while they were on the run but said police had not ruled it out.

Joyce Mitchell, 51, who worked as a training supervisor in the prison's tailor shop, has been charged with helping the inmates escape by providing them with tools.

A Clinton corrections officer identified as Gene Palmer has been suspended in connection with the escape. REUTERS

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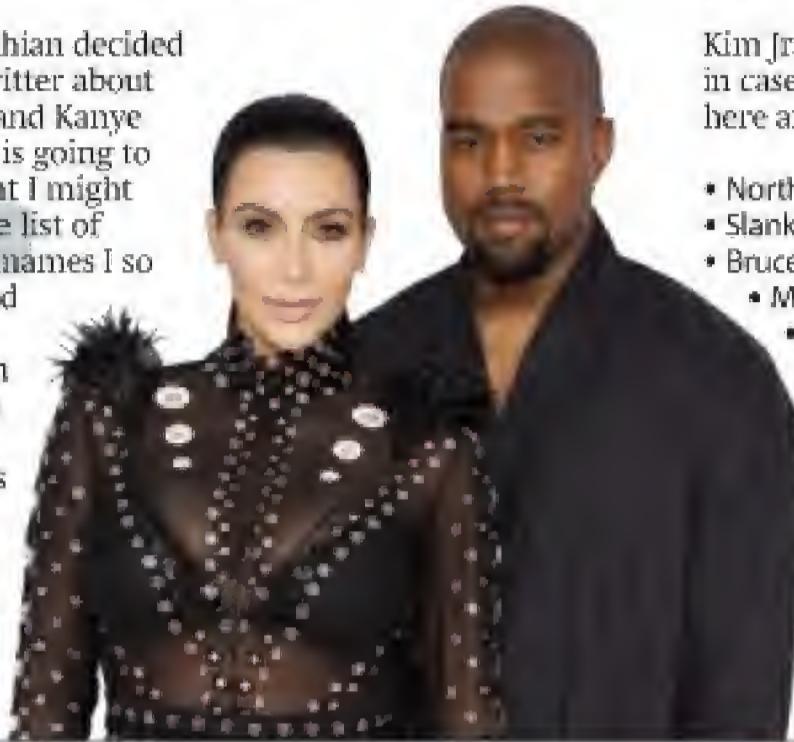
BostonGlobe.com/nominate

Deadline Now Extended to June 27



1 More baby names for Kimye's impending son

Since Kim Kardashian decided to let loose on Twitter about the fact that her and Kanye West's next baby is going to be a boy, I thought I might as well update the list of prospective baby names I so generously offered up to the happy couple. (What can I say? I'm a giver.) Clearly some of the earlier entries would only make sense for a daughter — like Hillary Rodham or Baby™ — but I still stand by



Kim Jr. as the best option. Just in case Kim and Kanye disagree, here are some alternatives:

- North 2 West
- Slanket West
- Bruce West
- Mini Kanye West
- Verizon Wireless Presents Baby West
- Cornell West
- The North Remembers West
- Writers Guild of America West
- The Right Honorable Cornelius Humphrey West, the Fourth
- Vuitton West

Amber Heard and Johnny Depp are through with Australia

Take note, Aussies: Threatening to euthanize Johnny Depp's dogs and throw the "Pirates of the Caribbean" star in jail certainly won't get you a nice Trip Advisor review from his wife, Amber Heard.



In fact, Heard suggests the couple will be steering clear of Australia from now on following Minister for Agriculture Barnaby Joyce's fuss over them sneaking the dogs into the country. "I have a feeling we're going to avoid the Land Down Under from now on, just as much as we can, thanks to certain politicians there," Heard said during an interview with Sunrise. "I guess everyone tries to go for their 15 minutes [of fame], including some government officials."

Oo, burn.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Janet Jackson is back



ALL PHOTOS GETTY IMAGES

Janet Jackson's still got it. The singer released a new song yesterday called "No Sleep," — no, that's not a typo, apparently it's just the "cool" way to spell it these days. Miss Jackson even Tweeted, "I dedicate this to My love. As you might be able to conclude from the song's title, the lyrics are about looking forward to a restless night with a lover. It's the first single off the singer's upcoming album and her first song in seven years. Musically, "No Sleep" is classic Janet Jackson, with her soft, come-hither voice reigning over layered electronic instruments. She hasn't strayed far from what worked for her in the past, and somehow it feels new again. EMILY LAURENCE

2 CULTURE



Twitter feed

Today, Calvin Harris is a proud boyfriend, Joan Collins is just plain weird, and Jamie Chung is enjoying the new season of "True Detective."

@CalvinHarris: I just played a gig inside a giant owl and my girl just changed the entire music industry what a day

@Joancollinsobe: I love a palm tree plate for lunch

@jamiechung1: I love watching Rachel McAdams play a bad ass!

Daily video



HOUSEYOUTUBE, YOUTUBE

Street Fighter elevator prank

This "fun" little "prank" is actually borderline terrifying for the unsuspecting victims who step into an elevator with a man dressed like Ryu from

"Street Fighter" who then proceeds to fake-hadouken them. But half the fun is waiting for someone to react poorly to getting pretend punched and kicked. The other half? When his female accomplice dressed as Chun Li shows up. Chun Li makes everything better.

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Interested Applicants are encouraged to submit their resumes of interest via email to Robyn Finkenkeller, Human Resources Specialist, at Robyn.Finkenkeller@va.gov.

Hilary Duff is back

Comeback. She talks to us about her new album "Breathe In. Breathe Out." and signing up for Tinder.

Hilary Duff has come a long way since making a name for herself in Disney's "Lizzie McGuire." For one, she has a 3-year-old son named Luca with her ex, former NHL player Mike Comrie. But bad breakups make for good songwriting material, and that's just what the 27-year-old Duff has done with her new album "Breathe In. Breathe Out." Clearly, the singer had romance in mind with her single "Sparks," fueled by her recent foray into the dating app Tinder. Here, Duff talks to us about music and matches.

You've worked with Ed Sheeran but also with Swedish pop artist Tove Lo.



We'd swipe right. / GETTY IMAGES

What did you want her to bring to the album?

Tove Lo is a very different artist than I am. She is so incredibly talented, and she's collaborated with great artists before. When I heard "Sparks," which she wrote, I just felt like it was a fresh sound. I think she really brings an edge to my record.

Is there a song on this album that is particularly special for you?

"Brave Heart" is really special for me. It's about what I was going through in my personal life at the time, and I feel like a lot of people will be able to relate to it. It's an uplifting song about being scared of the unknown and wanting to take a chance.

You started a serious buzz about being on Tinder. Was it just for the "Sparks" music video or are you actually serious about it?

When I first joined Tinder, it had nothing to do with the



Hilary Duff plays Kelsey Peters on the TV Land show "Younger." / TV LAND

video — it was just for fun... And it has been fun! I'm not trying to look for love. I joined just to do something that people wouldn't think I would do. It was to surprise people, surprise myself and be a part of something that is going on in the world, and that is so normal these days.

Any successful encounters yet?

I still talk to one guy. It's funny — I don't think it's going to be a love match, but we are definitely good friends. It was a good social experience!

Since you are now a Tinder pro, can you tell us what's a good profile picture for Tinder?

Do a selfie and try to get an above angle. Hold the camera up and then face it down; it always looks good.

What's a good Tinder date outfit?

For any date, I'd say try and look like you've put a bit of effort in but nothing too over-the-top.

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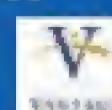
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Getting "Younger"

Your new show "Younger" got renewed for a second season. What did you like about your character, Kelsey Peters?

I'm such a [creator and producer] Darren Star fan, and the show really has his

mark on it. I really connected with all of the women on the show, and I got excited to play a character that was very driven in the working world. She also makes mistakes — she is in her 20s, and this is what your 20s are all about: learning who you are, fighting for your place and making mistakes. I'm happy to be in a show with such inspiring female roles, and I love that it is about reinventing yourself at any age.

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Nonfiction. The comic just released a thoughtful and well-researched book on modern romance.

Fans who have closely followed former "Parks and Recreation" star Aziz Ansari's standup career have surely noticed that the comic has taken a serious turn in recent years. Gone are the cute stories about his cousins and the monologues on basic cable dramas. Instead, the 32-year-old NYU grad has been focused on deeper questions: What is love? Is there such a thing as a soulmate? And, most important of all, why hasn't he or she texted me back?

Co-written with sociology professor Eric Klinenberg, "Modern Romance" explores all of those questions and more in an extensively researched journey that took the pair around the world as they assessed different dating profiles and wacky online dating messages. (Note to all of the guys out there: First messages that say a simple "Yo" or "Hey" aren't well received.)



Three love lessons from comedian Aziz Ansari

Aziz Ansari is hosting a book reading July 10th at 7:30 p.m. at the Sanders Theatre in Cambridge. / GETTY IMAGES

We've rounded up the three top lessons we learned from Ansari's travels.

1 Too many choices really is overwhelming. Unlike a crowded bar, "online there are no lonely corners," the comedian writes. "Everywhere is filled with people looking to connect." Despite that, daters everywhere are constantly rejecting people. The comedian memorably sits down with a 20-something named Derek who, he notes, "isn't unattractive ... but wouldn't necessarily turn heads at a party." Ansari then watches in horror as Derek swipes no on several attractive, interesting women who had messaged him online. "He didn't strike me as a stud," he adds, "but wow, when you watched him comb through those profiles, he had a stud mentality."

2 Remember the person on the other end is a person. Because so much of the modern search for romantic partners occurs on our phones, it's easy to forget you're talking to a person with feelings. Ansari is disturbed by how easy it is to completely dismiss someone — especially now that breaking up via text is so common.

And lastly

The quality of your dates is more important than quantity

Back when Ansari was single in New York a few years ago, he had something of a revelation when it came to his single status. He and his friends "were consistently choosing to meet as many people as possible instead of investing in a relationship." Because this method obviously wasn't working for him, he decided to revise his approach to looking for love.

"What I found was that a first date that was a six was usually an eight on a second date," he writes. "I knew the person better and we kept building a good rapport together." The lesson here? Maybe next time, give that nice guy or girl you met online a second chance. It could change the course of your love life.



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How letting sustainability guide your diet will lead to better seafood for everyone.

 **EVA KIS**
@thisiskis
eva.kis@metro.us

What would it take to make American seafood sustainable? Eating more of it is a good start — if you're getting

it from the right places. The seemingly disparate issues of scarcity and abundance both pose problems for the future of seafood in the U.S. We're eating too specifically among the varieties available to us: Late last month, Forbes reported that big-name chefs including Tom Colicchio are banding together to stop serving striped bass, stocks of which are down 85 percent this year.

At the same time, the seafood we have in abun-

dance is problematic, too. Ninety percent of it comes from overseas, caught and processed in conditions that are often unverified. Last year, the Associated Press found that Burmese men are being enslaved to work on Thai fishing boats whose cargo is sold in American supermarkets.

It's time to change the way we eat seafood. Where we buy it is a good start: Local businesses such as Village Fishmonger in NYC, which operates like a CSA for seafood,

are not only serving what's coming from local farms and waters, but they also care about sustainability, from stocks to fishing methods. But eating a broader range of fish and demanding better catch methods with our dollars are part of it, too. We asked two of the big names behind the movement about how we can eat better seafood.

Eat local

"You wouldn't know it from visiting the supermarket, but there are over 300 varieties of fish in the lakes, rivers and oceans of the Northeast," says Sean Dixon, founder of Village Fishmonger.

So eating locally is not an issue of supply, but of opening your mind to new varieties. (Yes, fish species also have seasons.) The good news is, "If you're buying product in America, it's got a lot of robust regulations, a lot of good sourcing transparency," says Dixon.

And, adds chef Rick Moonen, a 20-year advocate of sustainability in seafood, eating locally helps fish everywhere: "Fish caught locally are rarely going to be on the endangered species list," unlike bluefin tuna, which, at the rate we're eating it, could become extinct within our lifetime. "Diversify your diet, because by doing so, you're relieving a fish that we're loving to death," Moonen says.

Get low

When it comes to overlooked seafood, the experts say dive deep. "Fish that are a little bit lower on the food chain encompass everything we're concerned about," Moonen says. "They have little to no

wellbeing

called True North Salmon Company, whose "farm" in New Brunswick reintroduced salmon into a habitat from which they had been wiped out. Alongside the salmon, True North is also raising kelp and mussels that would coexist next to a fish like salmon.

"It's not technology trying to muscle nature into doing what they want; they're working with nature now," says Moonen.

Certain fishing methods also aren't necessarily good or bad, says Dixon. "If you're trawling a net over a coral reef, yeah you're gonna mess up the coral reef. But if you're trawling that same net over a sandy bottom like we have off New Jersey, then you're aerating the mud, and you're not destroying habitat."

To check up on the welfare of your favorite fish, Dixon recommends looking it up on FishWatch.gov.



Eat smarter

"You can't play this ebb-and-flow game," Moonen says of the cycle of overfishing and then using bans to allow a species to rebound. Monkfish used to be unsustainable, but now they're available again; Atlantic cod is pretty much fished out; halibut is not deemed sustainable from the Atlantic, though the Pacific population fares better because of regulations. "We want more straight-line solutions," he says. That means choosing brands or fishmongers whose sourcing, methods and even employment policies are transparent, and looking for certification, which verifies the health and safety of fish (and the people who catch them).

concentration of PCBs [an endocrine disruptor] and methyl mercury." Fish like mackerel, sardines, squid and anchovies are all underappreciated. ("Eat bait," he sums up)

For one of the biggest bangs for your nutrition buck, "having a delicious oyster is going to be one of the best bets you can make," adds Dixon. "Oyster fisheries create habitat, they clean the water, they're local, they're near shore, they're low carbon."

Farming and technology are not necessarily bad

About half of the world's fish stocks come from farmed sources, and there are plenty of fisheries and hatcheries doing good work. Moonen supports a company

How to serve fish at home

First of all, get over the smell. "[Americans] weren't brought up as a seafood-eating country," says Moonen. "When there's a roast beef in the oven, you don't come home and say, 'It smells beefy in the house.' Fish is just not what dinner smells like." If it does bother you, put out a cup of vinegar. When it comes to cooking the fish, poaching it in liquid is one way to do it that's not going to put off a lot of fish oil. And if you're totally new to the game, broiling it is the easiest method: Season your fillet with salt, pepper and olive oil, then put it on a flat (not ridged) cast-iron griddle on a high shelf in the broiler.



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Horoscope

Cancer | June 21-July 22
Anxiety and indecision are clouding your judgment. Your emotional state of mind will make you feel isolated. Get out with close friends to alter your attitude and gain energy.

Leo | July 23-Aug. 22
Don't take a break. The hard work you have put in will grind to a halt if you ease up now. Financial gains are evident if you act quickly.

Virgo | Aug. 23-Sept. 22
A troublesome relationship will cause you worry. You will receive conflicting information. Step back and let matters unfold before you make a decision that you'll live to regret.

Libra | Sept. 23-Oct. 22
A jealous competitor will try to make you look bad. Have faith in your abilities. Those who know you well will not be fooled by negative comments.

Scorpio | Oct. 23-Nov. 21
Refrain from getting involved in joint ventures or partnerships. Look over your financial situation. A missed detail could prove costly. Make sure you have the money before making a major purchase.

Sagittarius | Nov. 22-Dec. 21
Your professional reputation will suffer if you are too preoccupied with personal issues. Keep your plans secret. Someone will try to pass off your ideas as his own.

Capricorn | Dec. 22-Jan. 20
Conversations with intellectual individuals will be inspiring. Write down your ideas. One of them will turn out to be a positive lifestyle change.

Aquarius | Jan. 21-Feb. 18
You will want to celebrate today, but overspending and overindulgence will lead to trouble. A group benefiting those less fortunate will appreciate your compassion as well as anything material you can offer.

Pisces | Feb. 19-March 20
Love and romance are highlighted. Make plans to do something that could help bring you closer to someone special. Find a hobby you can enjoy together.

Aries | March 21-April 20
You will have the energy and stamina to tackle problems and find solutions. If you step to the forefront, others will quickly follow. An unanticipated trip will lead to a new venture.

Taurus | April 21-May 20
Your self-esteem will blossom if you make personal improvements. Enhancing your appearance will give you confidence and increase your appeal. Make health and fitness a priority.

Gemini | May 22-June 20
Charity begins at home. Family issues should take precedence over outside matters. To avoid long-lasting damage, don't lash out. **EUGENIA LAST**

Letters to the editor

Bad flags must go

My great-great-grandfather fought and died in the Civil War to free those people erroneously put into slavery. Now, coming up on 200 years later, a Southern state is still flying its Confederate flag? Worse, that state, South Carolina, started to fly it during the Martin Luther King era! I am so proud that my heritage includes the fight for freedom. I am sorry we are apparently still fighting the war. That flag must come down now. Thank you, Metro, so very

much for helping us have actual conversations in the letters to the editor, not mere tweet-offs as AMNY espouses.

ANNE MORONEY, VIA EMAIL

Re: 'We should do away with the Confederate flag' (Metro, June 22) While I, for the most part, agree with Mr. Christian Jr. that the Confederate flag is a symbol of hate and the South of old, I feel we should continue to allow it to be displayed so we can clearly see who still holds those beliefs. Think of it as a pirate's flag, warning you of who and what you are about to encounter. **STEVE ROSEN, VIA EMAIL**

Charging for sex is prostitution

seriously doubt they're playing Scrabble. Firstly, a person (male or female) who has sex for money is a prostitute. Sorry to burst her bubble, but that's the definition. Secondly, prostitution is illegal in Pennsylvania. Her sexuality, identity and education in Pennsylvania are fine, but if she wants to sell her body, maybe she should go back to Nevada.

JENN MATRONE CLARK, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 300 words. Metro reserves the right to edit all letters. Please include your name and contact info.



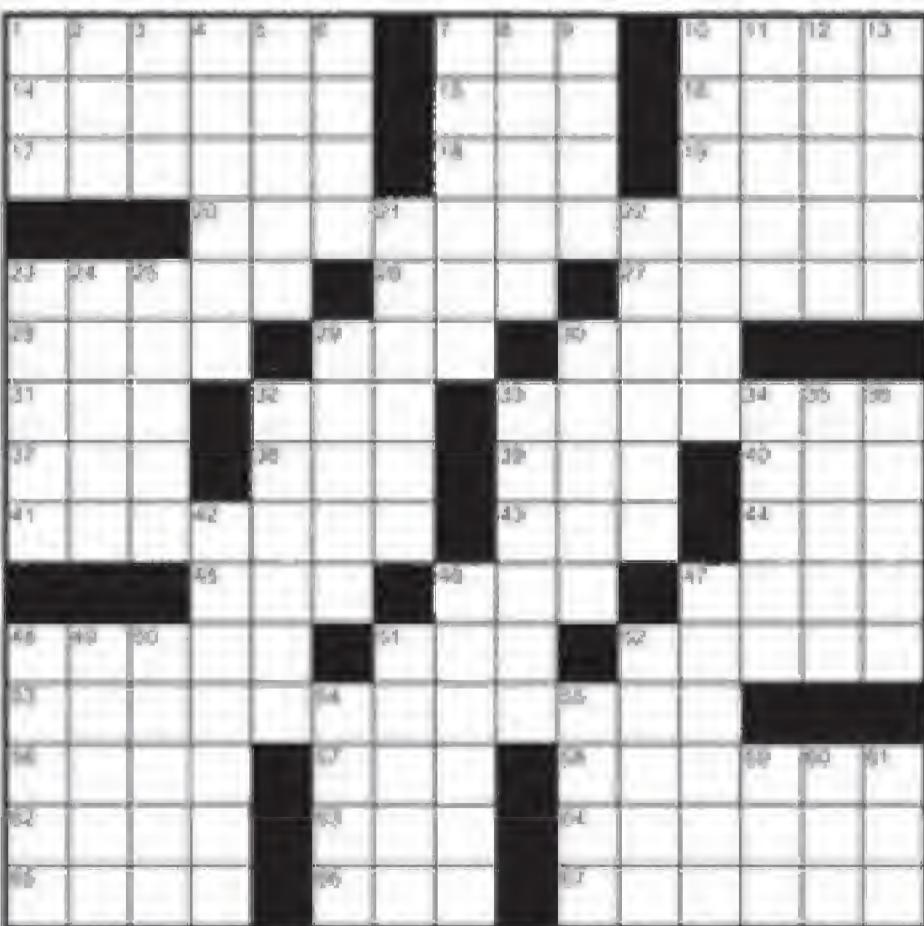
How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Sudoku: Easy and hard

8					9		
7	4	3			8	6	
			2		4	7	
	7		8		2		1
3			4				9
9		8		1		4	
3	1			2			
8	6			5	3	4	
	7						6

		3	6	8		4	
		1	9			7	6
2	6				5		
	9		2			5	
6							4
		8			4	6	
		5			4	7	
8	9		2	6			
	5	7	6	9			

Crossword



Across

1 Roaches, to us
7 Fido's reply
10 Medicinal plant
14 Cooking oil choice
15 Mark of Zorro
16 Mollusk
17 Bucolic
18 NFL events
19 "Elder" statesman
20 Occasional fly-by (2 wds.)
23 Jeered at
26 Hard water?
27 Computer command
28 Jungle warning
29 Air rifle ammo
30 Latest thing
31 — day now
32 Half of a Heston role
33 Droopy-eared hounds
37 Sphere intro
38 — — rush
39 Pass near Pikes Peak
40 Cold mo.
41 Works with stone

Down

43 Kept up the fire
44 Kind of system
45 Happy sighs
46 Unknown factors
47 Barge
48 Trial figure
51 Sweater sz.
52 Easy victim
53 After a meal
56 — meridien
57 Tokyo, to shoguns
58 Sci-fi thriller
62 Venison
63 Part of mpg
64 Art categories
65 TV genie portrayer
66 NWW opposite
67 Crater Lake locale

1 DVD predecessor
2 Water in Paris
3 ER personnel

4 — lode

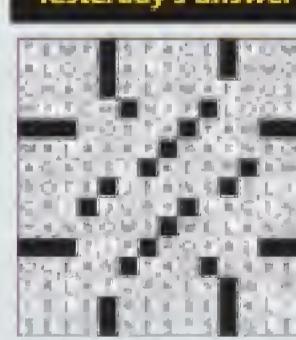
5 Homer's epic
6 Table salt
7 Nahuatl speakers
8 Change col- — ors
9 Parker who played Boone
10 Honda models
11 Camel kin
12 Singers Hall and —
13 Wax theatrical
21 Many October people
22 Came to a halt
23 Latches onto
24 Greek column type
25 Cajun's home
29 Diamond ploys
30 Fearsome threesome
32 Rap music (hyph.)
33 Polished
34 Oust
35 Tex-Mex snacks
36 — owl
42 Light emitter
46 Snub



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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Yesterday's answer



47 Briny
48 Garden tool
49 Firm, as abs.
50 Helena rival
51 Fills the hull
52 More washed-out
54 Gym iterations
55 Desdemona's enemy
59 Joule fraction
60 Not "paleo"
61 W-2 info

3

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For more information, please contact the Laboratory of Neuromodulation by phone at 617-952-6151 or by email at recruitment@neuromodulationlab.org.

The defense of a legacy

NFL. Tom Brady will appeal his four-game suspension in New York today.

Tom Brady has 11 career wins in New York/New Jersey. He'll be in Manhattan Tuesday, attempting to earn one of the biggest victories of his professional football life.

The reigning Super Bowl MVP and the NFLPA will attempt to reduce his four-game Deflategate suspension in an appeal hearing at the NFL's league offices. The proceedings will be heard by NFL commissioner Roger Goodell. It's been rumored that Brady and his team will only be satisfied if the entire suspension is wiped out.

A fresh piece of news related to the Brady appeal dropped Monday when it was learned that attorney Ted Wells, who authored the 243-page "Wells Report" on Deflategate, will be present at the hearing.

Wells and Brady's agent, Don Yee, got into something of a pissing match shortly after the Wells Report was released. Yee said the outcome of the report was "predetermined" and Wells, shortly after, conducted an unpre-



Tom Brady will discuss Deflategate with Roger Goodell Tuesday. / GETTY IMAGES

dicted conference call to defend himself.

"All of this discussion that people at the league office wanted to put some type of hit on the most popular, iconic player in the league, the real face of the league ... it just doesn't make any sense," Wells said. "It's really a ridiculous allegation."

The NFLPA claims that Goodell himself violated the

By the numbers

155

It's been 155 days since the original report that alleged the Patriots used deflated footballs in the AFC Championship game against the Colts. Tom Brady will finally get to discuss the matter in the presence of Roger Goodell Tuesday in New York.

collective bargaining agreement by allowing executive vice president Troy Vincent to determine the extent of Brady's discipline. The NFLPA also says that the Wells Report is "wrought with unsupported speculation regarding Mr. Brady's purported conduct."

"[The Wells Report] grasps at dubious, contradictory and mischaracterized circumstantial evidence merely to con-

clude that it is 'more probable than not' that Mr. Brady was 'generally aware of inappropriate activities,'" wrote NFLPA lawyer Tom DePaso last month.

It is unlikely that Goodell will make a ruling any-time this week.

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MLB. Red Sox' offense seemingly back on track as the Orioles invade Fenway

The 2015 Red Sox (31-40) were built to hit. It hasn't happened more times than it has in this frustrating season, but the Sox have shown some life with the bats of late.

They broke a season-long seven-game losing streak a week ago against the Braves at Fenway, winning 9-4. In their win over the Braves in Atlanta two days later, they scored five runs. They took two of three in Kansas City this past weekend over the defending American League champs, and it came via the bashing of the baseball. They scored seven runs last Friday night and 13 runs on Sunday. In the past week, Boston has averaged a strong 6.66 runs per game.

Baltimore is in town for



Mookie Betts was named AL Player of the Week Monday. / GETTY IMAGES

three games beginning tonight (7 p.m., NESN). The Sox' seven-game skid got started on June 9 in Baltimore when they were shutout, 1-0. Ubaldo Jimenez

(5-3, 3.27 ERA) will get the ball for the Orioles Tuesday at Fenway while the Sox will counter with Joe Kelly (2-4, 5.32 ERA).

MATT BURKE

MLB

Former MLB player Hamilton murdered

Former MLB center fielder Darryl Hamilton was killed in a murder-suicide in Pearland, Texas, this past weekend.

Hamilton was recently working as an MLB Network analyst. He was allegedly shot by Monica Jordan, the mother of Hamilton's 14-month-old child. Jordan is said to have shot herself after killing Hamilton. The child was found unharmed at the home.

Hamilton was best known for his time with the Mets as he was a key member of their 2000 National League title team.

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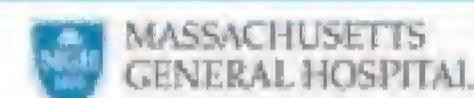
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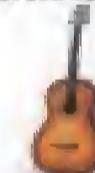
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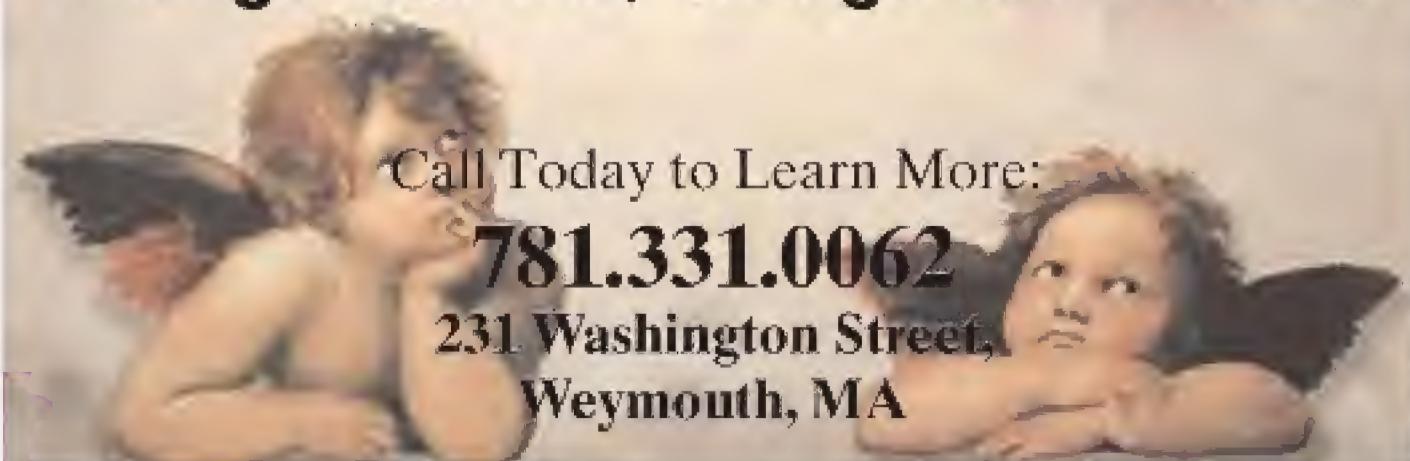
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and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. §501 et seq.:

Wells Fargo Bank, National Association as Trustee for Option One Mortgage Loan Trust 2005-4, Asset-Backed Certificates, Series 2005-4,

claiming to have an interest in a Mortgage covering real property in Boston (Hyde Park), numbered 21 Brainerd Street, given by Daryl T. Gauss to Option One Mortgage Corporation, a California Corporation, dated August 1, 2005, and recorded with the Suffolk County Registry of Deeds in Book 37708, Page 195, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant/s/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before July 20, 2015 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on June 8, 2015

Attest:

6/23/15

Deborah J. Patterson
Recorder

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**Legal Notices****Legal Notices****CITATION ON PETITION FOR ALLOWANCE OF ACCOUNT**

Docket No. SU308478

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

In the matter of: Jacob Pearl

F/B/O Hebrew Rehabilitation Center

Date of Death: UNKNOWN

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA, 02114

(617) 788-8300

To all interested persons:

A Petition has been filed by:

Bank of America, N.A. of Boston, MA

requesting allowance of the Sixth (67th) through Tenth and Final (71st) account(s) as Trustee and any other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before 10:00 a.m. on 07/16/2015.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: June 11, 2015

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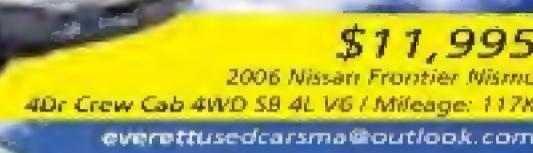
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